

Year	Age	Sex	Height (cm)	Weight (kg)	Body Mass Index (kg/m ²)	Waist Circumference (cm)	Hip Circumference (cm)	Waist-Hip Ratio	Trunk Fat (%)	Visceral Fat (%)	Subcutaneous Fat (%)	Trunk Fat (mm)	Visceral Fat (mm)	Subcutaneous Fat (mm)
1990	20	M	175	75	24.5	95	105	0.90	15	5	10	15	5	10
1990	20	F	165	65	23.8	85	95	0.89	12	3	9	12	3	9
1990	25	M	180	80	24.7	100	110	0.91	18	7	11	18	7	11
1990	25	F	170	70	24.1	90	100	0.90	14	5	9	14	5	9
1990	30	M	185	85	24.3	105	115	0.91	20	8	12	20	8	12
1990	30	F	175	75	24.2	95	105	0.90	16	6	10	16	6	10
1990	35	M	190	90	25.0	110	120	0.92	22	9	13	22	9	13
1990	35	F	180	80	24.4	100	110	0.91	18	7	11	18	7	11
1990	40	M	195	95	24.6	115	125	0.92	24	10	14	24	10	14
1990	40	F	185	85	24.3	105	115	0.91	20	8	12	20	8	12
1990	45	M	200	100	25.0	120	130	0.93	26	11	15	26	11	15
1990	45	F	190	90	24.7	110	120	0.92	22	9	13	22	9	13
1990	50	M	205	105	25.3	125	135	0.93	28	12	16	28	12	16
1990	50	F	195	95	24.6	115	125	0.92	24	10	14	24	10	14
1990	55	M	210	110	25.0	130	140	0.93	30	13	17	30	13	17
1990	55	F	200	100	25.0	120	130	0.93	26	11	15	26	11	15
1990	60	M	215	115	25.1	135	145	0.93	32	14	18	32	14	18
1990	60	F	205	105	25.1	125	135	0.93	28	12	16	28	12	16
1990	65	M	220	120	25.0	140	150	0.93	34	15	19	34	15	19
1990	65	F	210	110	25.0	130	140	0.93	30	13	17	30	13	17
1990	70	M	225	125	25.0	145	155	0.93	36	16	20	36	16	20
1990	70	F	215	115	25.0	135	145	0.93	32	14	18	32	14	18
1990	75	M	230	130	25.0	150	160	0.93	38	17	21	38	17	21
1990	75	F	220	120	25.0	140	150	0.93	34	15	19	34	15	19
1990	80	M	235	135	25.0	155	165	0.93	40	18	22	40	18	22
1990	80	F	225	125	25.0	145	155	0.93	36	16	20	36	16	20
1990	85	M	240	140	25.0	160	170	0.93	42	19	23	42	19	23
1990	85	F	230	130	25.0	150	160	0.93	38	17	21	38	17	21
1990	90	M	245	145	25.0	165	175	0.93	44	20	24	44	20	24
1990	90	F	235	135	25.0	155	165	0.93	40	18	22	40	18	22
1990	95	M	250	150	25.0	170	180	0.93	46	21	25	46	21	25
1990	95	F	240	140	25.0	160	170	0.93	42	19	23	42	19	23
1990	100	M	255	155	25.0	175	185	0.93	48	22	26	48	22	26
1990	100	F	245	145	25.0	165								